

# If Your Child Has Been Bullied, Your IEP Team Can Help

In Hawaii, "Bullying" is described as any written, verbal, graphic, or physical act that hurts, harms, humiliates or intimidates a student, that is sufficiently severe, persistent, or pervasive that it creates an intimidating, threatening, or abusive educational environment. If you feel your child has been a victim of bullying at school, talk with your child's IEP team to help your keiki recover from the bullying and to learn advocacy skills to help prepare for and prevent future incidents.



## If your child has been bullied at school

- **Document the incident. Talk with your child and get as many details as possible.**
- **Contact the school to let them know your child has been bullied.**
- **If there has been an impact on their learning, request an IEP meeting to address your child's needs.**



## Common impacts to a child's learning after bullying

- Reluctance or refusal to go to school
- Changes in mood, increased anxiety, depression and negative behaviors
- Avoidance of certain areas at school
- Changes in academics & school work
- Skipping services provided by the IEP
- Changes in eating, sleeping or routines
- Recurring tummy aches, headaches or other health issues that cause absence.

## IEP Goals, Services & Supports



### Request an assessment

to understand any changes to your child's mental health and emotional well-being.



### Build social skills

to understand social cues and learn what bullying is and is not.



### Develop self-advocacy skills

to learn appropriate responses to bullying like how to say "stop", how to walk away and how to tell an adult. This can also include safe spaces the child can go to for help and support.



### Develop positive friendships

and encourage the buddy system when walking around campus and on the playground.



### Supervision or shadowing

of the student in places where bullying may occur.



### Counseling for the student

or informal check-ins by trusted adults at the school. Parents can also request counseling so they can better understand the needs of their child.